



ERP: REDUCE

What does Reduce OCD Compulsions mean?

Reduce means that we may still do the compulsion, but not completely according to OCD's rules. We purposely reduce how much you obey OCD's demands.

The goal is to stop the compulsion before you get the feeling of "completion." In other words, we want things to feel a little unfinished or not quite right on purpose.

Instead of...

- Avoidance: I can't wear tight fitting clothes incase I have a groinal response
- Thought replacement: *"I thought something bad, I need to make things right"*
- Checking: *"I need to check my face again, I might have missed something"*
- Neutralising: I don't know if I am really attracted to my partner, I need to figure this out.

We can learn to...

- Wear the clothes that YOU want to wear, and keep something a little bit tight on purpose.
- I will make things right....ish. Rather than saying my safe phrase 3 times, I will do it 2 times.
- Check my face, but instead of inspecting every square millimetre, I will do it for maximum 10 seconds and one eye closed.
- I will think about this for another 5 minutes, and after that I am leaving this unfinished until tomorrow.

Any mini-rebellion against OCD counts as a win.
You get stronger each time we do it.

The discomfort or incompleteness is evidence that exposure is working. We're so used to trying to control that feeling that purposefully inviting it in feels wrong, but it is an important therapeutic step.

Start with a small dose of incompleteness, hold it, and let your system learn that you can handle this.. because you can! Each time you do, you're showing courage and caring for you, and loosening the power of OCD.

Even the smallest moment of sitting with discomfort is a genuine step toward freedom.

Refocus

Resist, Delay, and Reduce are classic ERP steps designed to help you take back control and reduce the hold of OCD.

Refocus is a core skill that strengthens our ability to choose our actions, even when OCD tries to pull us off course.

You can learn more and practise this skill with the Refocus information sheet.

